



Rides Supplement November 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

21st November Host - Jack Simpson

26th November Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.
Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and

picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Nov 10 th	Southbank footbridge MEL 2F F7.	<i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, around to the Maribyrnong trail and return to the city ~ 70km.	Hard
Nov 17 th	Southbank footbridge MEL 2F F7.	Short ride – Ride to Anglers Arms on the Maribyrnong river trail and return, visiting the Museum on the trail.	Easy
Nov 24 th	Flinders St station MEL 2F G6. Pakenham line ~9.02am arrive 9.58am	<i>From Berwick station, ride to city.</i> Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck Trail to finish at St Kevins boathouse. ~50 km	Medium
Dec 1 st	Flinders St station MEL 2F G6.	Short ride – to Ardeer by train and then return via the Western Ring trail, Federation trail and Docklands to the city.	Easy
Dec 8 th	Southern Cross railway station Geelong train 9.15am ~ arrive 10.15am	<i>South Geelong to Queenscliff circuit</i> - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train.	Medium
Dec 15 th	Southbank footbridge MEL 2F F7.	Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km.	Easy

Whitehorse Cyclists Inc

Last updated 15 October 2010

[How to repair your bike tube](#)

Notes from the class by Jacques and David Hall on 25/2/2010.

Date	Destination	Description	Distance and grade	Leader Contact
See us in the local news				
Did you know we have won Whitehorse Sports Club of the Year Award again this year: 2009 and 2010!				
Fri-Tue 29/10- 2/11	Lakes and Craters	Three day Hub and Spoke' ride based at Camperdown. Spectacular geography, heritage towns, traditional markets and a		Anna V 9830 4195

		gourmet trail		
Sun 31/10	Easy Sunday	Green Valley, Mullum Mullum Cr, (T) Main Yarra Tr,	20	Keith M
9.30am	Halloween Hills	(M)(T)Melissa's Café, Ruffey Lake (F). Seven Hills	E/M	9857 5805
Sun 31/10	Sunday		26	Elaine H
9:30 am	Oakleigh for Brunch	Mostly trails and side roads.	E	9877 1434
Cup Day			43kms	
2/11 10.30am	Easy Tuesday Ride to Cup Day Lunch	Warburton Trail to (M)Yarra Junction then return to Warratina Lavender Farm (L) watch Cup Race return to Wandin at approx 3.30pm (Note late start)	(39kms pre lunch 4kms after)	Gill B 9725 5310 0451 054 927
Cup Day			54kms	
2/11 10.00am	Medium Tuesday Ride to Cup Day Lunch	Warburton Trail to (M)Yarra Junction then return to Warratina Lavender Farm (L) watch Cup Race return to Mt Evelyn (Note late start) <i>(We collect Easy Tuesday riders on the way)</i>	(44 kms pre- lunch 9kms after lunch)	Neil M 9497 2685
Did you know we have won Whitehorse Sports Club of the Year Award again this year: 2009 and 2010!				
Tue 02/11	Hard Tuesday	The Basin(M), Sassafras, Olinda, Monbulk, Monbulk-Seville Rd		
9:30 am	Wandin/Melb Cup	Old Baker Rd, Queens Rd, Wandin East Rd, Beenak Rd, Quayle Rd, Lavender Farm (L), Wandin, Warburton RT, Lilydale RS.	78 M/H	Barry McC 9848 1154
Thu 04/11	Easy Thursday	Kilby Rd, Main Yarra Tr, Gardiners Ck Tr, (M)Glen Iris,	32	David H
9.30am	Yarra Trail	Anniversary Tr, Hays Paddock	E	9877 3216
Thu 04/11	Medium Thursday	Gardiners Cr Tr, (M) Oakleigh Mall, Scotchmans Cr Tr,	50	Mike W
9:30 am	Coal to Newcastle	Gardiners Cr Tr, (L) Box Hill Plaza, Valda Ave, Koonung Cr Tr, Hayes Paddock, Anniversary Tr.	M	9509 1290 0488 565 566
Sun 07/11	Easy Sunday	Schwerkolt Cottage, Upper Mullum Mullum Cr,	26	Keith M
9:30 am	Croydon	(M)(B)Croydon, Dandenong Cr,	E	9857 5805

	Triangle	Eastlink, Heatherdale. Two hills		
Sun 07/11	Sunday	Bulleen, Banyule, Rosanna, Watsonia, (M)University Hill	45	Russell H
9.00am	University Hill Bundoora	Bundoora, Greensborough, Yallambie, Viewbank. (Note early start.)	M	9841 7141
Tue 09/11	Easy Tuesday	Dandenong Cr Tr, (M)Ferntree Gully. Return via Stud Rd.	28	Pam F
9:30 am			E	9725 4148 0409 188 644
Tue 09/11	Medium Tuesday	Koonung Ck Tr, Mullum Mullum and Main Yarra Trails,	40	Marion H
9.00am	Warrandyte	Warrandyte Bakery (M), Westerfolds, Ruffey Lake	M	9841 7141 0400 521 926
Tue 09/11	Hard Tuesday	Warrandyte, Panton Hill, Cherry Tree Rd, Hurstbridge, Haleys Gully Rd, Bannons Lane, Yan Yean Rd	70	Charles L
9:30 am	Hills		M/H	0431 592 874
Tue 09/11	Club Night	Corner Station & Combarton Sts		
7:45 pm		Monthly Meeting		
Thu 11/11	Easy Thursday	Meet at the parking area and be surprised.	30	Loreto B
9:30 am	Mystery Ride		E	9809 1960 0412 289 236
Thu 11/11	Medium Thursday	Main Yarra Tr, Capital City Tr, (M)Southbank, Port Melbourne, Bay Tr,	65	Mike T
9:30 am		(L) Mordialloc, train to Ormond then Rosstown Rail Tr, Anniversary Tr.	M	9859 3647
Fri 12/11	Whitehorse Cyclists	Buffet dinner. 6.30pm for a 7.00pm start.		Bruce D
6.30pm	Annual Dinner	\$40 fee to be paid by week prior to Bruce D.		
Sun 14/11	Sunday	Quiet streets, Tally Ho Business Park, Dandenong Cr Tr, Katoomba Lake, Dandenong Cr Tr, HE Parker Reserve, Ringwood Lake, back streets to Blackburn Lake. (Note early start.)	35	John B
9.00am	The Lake District		C	9878 4179
Tue 16/11	Easy Tuesday	Main Yarra Tr, (M)Templestowe Village, Doncaster, Church Street.	35	Graeme I
9:30 am	Templestowe	(Some hills).	E/M	9848 5127
Tue 16/11	Medium Tuesday	9.20am end of Old Burke Rd (Mel 31 K12);Koonung Cr Tr,	40	Russell H
9.00am	Three Boulevards	North Balwyn, Ivanhoe, Collingwood, Studley Park (M), Kew.	M	9841 7141 0400 178 194
Tue 16/11	Hard Tuesday	Dandenong Creek Tr, Beach Rd, Frankston, Tooradin, (F)Berwick	90	John C

9:30 am	Yarraman-Berwick		M/H	0438 566 977
Thu 18/11	Easy Thursday	East Camberwell RS, Camberwell RS, Hawthorn, Yarra Tr, Southbank,	40	David M
9.30am	Docklands	(M)Docklands, Southbank, Yarra Tr, Gardiners Ck Tr.	E	9885 7673
Thu 18/11	Medium Thursday	Koonung Tr, Mullum Ck Tr, (M)Croydon, (L)Koomba Park, Eastlink Tr	70	Bruce E
9:30 am			M/H	9848 4804
Sun 21/11	Easy Sunday	Flinders St RS, train to Aircraft RS. Aircraft, Skeleton Cr, (M)(T) Scantuary Lakes, (T)(B)Altona, (T)(B)Williamstown, Docklands(F). One hill.	34	Keith M
9:30 am	Williamstown Market Day		E	9857 5805
Sun 21/11	Sunday	Warburton Rail Tr, (M) Yarra Junction, return via Warburton.	40	Pat/Allan M
9.30am	Warburton Rail Trail		E	9898 0415
Mon-Fri 22-26 Nov 2010	Bass Explorer	Five day Hub and Spoke' ride based on Inverloch, South Gippsland (approx 2 hrs drive SE of Melbourne) Mon: Orientation 30km/E, Cape Patterson 40/E; Tue: Bass Coast Rail Trail 80/M; Wed Korumburra or Woolamai 70 to 80/MH: Thu: Venus Bay 70/M; Fri:Daylston 50/M See August Newsletter for full details	Total 390 E/M/H	John H 5674 3941 johnhen@alphalink.com.au
Tue 23/11	Easy Tuesday	Mullum Mullum Cr Tr, Tunstall Square, Koonung Cr Tr, Main Yarra Tr,	38	Dick Van G
9:30 am		(M)Heidelberg. Back through Westerfolds Park. (Some hills.)	E/M	9844 3344 0416 212 423
	Medium Tuesday			
Tue 23/11	Hard Tuesday	Tunstall Square, (M)Warrandyte, Jumping Creek Rd, (L)Lillydale Lake, Croydon, Dandenong Creek Tr, Mitcham, Mullum Mullum Tr	60	Charlie S
8:30 am	Lillydale		M/H	9894 3244
Thu 25/11	Medium Thursday	Heidelberg, Macleod, (M)Latrobe, Bundoora	55	Bruce D
9:30 am			M	9852 1921
Sun 28/11	Sunday	Anniversary Tr, East Malvern RS, Murrembeena Rd,	45	Bruce Di
9.30am	Ashburton to Beaumaris	East Boundary Rd, (M) Beaumaris, Beach Rd, North Rd,	E/M	9852 1921

		Ashburton.		
Tue 30/11 9:30 am	Easy Tuesday Mystery Ride!	Meet at the parking area and be surprised.	30 E	Mike T 9859 3647 0407 045 217
	Medium Tuesday			
Tue 30/11 8:30 am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Main Yarra Tr	92 M/H	John C 0438 566 977
Thu 02/12 9.30am	Easy Thursday C'wood Children's Farm	Koonung Tr, Main Yarra Tr, Merri Ck Tr, (M)Children's Farm, and return.	30 E	Loreto B 9809 1960 0412 289 236
Thu 02/12 9:30 am	Medium Thursday	Main Yarra Tr, Capital City Tr, (M)Kensington, (L)Newport Lakes.	75 M	Jacques F 9497 2306
Sun 05/12 9:30 am	Easy Sunday Boat House Buzz	Hay's Paddock, Yarra Blvd, (M)Boat House, Edinburgh Gardens, Westgarth, Hay's Paddock (F)	32 E	Kaith M 9857 5805
Sun 05/12 9:30 am	Sunday			
Tue 07/12 9:30 am	Easy Tuesday Wander on Warby	Woori Yallock, (M)Warburton and return.	32 E	Bernie F 9878 6640 0411 032 284
Tue 07/12- Wed 08/12 8.00 am	Hard Tuesday	Geelong and surrounds.	3x80 H	Fiona H
Thu 09/12 9:30 am	Medium Thursday	(M)The Basin, (L)Sassafras. Reasonable climb; great downhill to return.	62 M/H	Barry McC 9848 1154
Christmas Party Fri 10/12	Christmas Barbecue Lunch	Christmas BBQ lunch. All supplied. BYO drinks. Bookings and payment of \$20 per head requested at the 12 th October Club meeting (or let Gill or Neil know)		Gill B 9725 5310 Neil M nmanthorpe@gmail

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

November			
Tue 02 Nov	Dandenong Ranges - MTB	40 km Med-Hard	Tony
Thu 04 Nov	Highlights of Europe - the other bits - Heather & Leon	More cycling in places unlike Oz	Claire
Sat 06 Nov	Marmalades in Yea, Tea Rooms in Yarck & Terip	100km Hard	Kerry
Sun 07 Nov	Retro city cruise; lycra free	35km Easy	Joe K
Thu 11 Nov	Cycling in Tasmania		Tim
W/E 13-14 Nov			
Sat 13 Nov	November Nosh (rsvp by Weds Nov 10th)	tba	Claire
Sat 13 Nov	Hughes Creek/Seymour	80km Medium	Di
Sun 14 Nov			

Thu 18 Nov	Trip Planning and Spoke Notes deadline! With social munchies afterwards.		John Hu
Sat 20 Nov	Woodend, Kyneton & Trentham with dirt	80km Med-Hard	Graeme
Sun 21 Nov	Yarram & Grand Ridge Road Loop	58km hard	Rob
Thu 25 Nov	Jim in America - New England		Graeme
W/E 27-28 Nov	Warragul to Leongatha & back	160km Med-Hard	Heather
Sat 27 Nov			
Sun 28 Nov	Yea Loop to Highlands via Killingworth Rd	70km Medium	Liz
December			
Thu 02 Dec	London Cycling		Kirsty
Early December	Bogong High Plains: Wangaratta - Falls Creek - Omeo - Bairnsdale	Moderately Hard	John
W/E 04-05 Dec	Frankston to Wonthaggi & the Cowes Ferry	150km Medium	Peter B
Thu 09 Dec			
Sat Dec 11-Mon Dec 13	Tandems Only Week-end Ride - Warburton Rail Trail + Must book accomm	Easy-Med	Tony
Sat 11 Dec			
Wed 15 Dec	Mordialloc to Merricks General Store	90km Med-Hard	Rob
Thu 16 Dec	Christmas BBQ		Kirsty

For information on the above rides, please contact the Touring Secretary, John Hughes 9807 1021, or at rides@mbtc.org.au.

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or
 Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au> R = Road Bike /
 H = Hybrid / M = Mountain Bike / Soc = Social
 E = Easy / M = Medium / H = Hard / Soc = Social

NOV							
Wed 10	Ride Planning Night Elsternwick Hotel				Susan	Y	goblues@netlink.com.au 0410125445
Sat 13 & Sun 14	Lake Mountain Weekend Ride	M	TBC	M	Mark & Nevi	Y	Mark.burns@psnworld.com 0413 051 659